



Water Play

C/2-46 makes a splash with water training... pg. 4

A ‘Grad’ Finale



Melanie Blanding/Leader

C/1-46 and E/1-46 graduate LTC

BY STEPHANIE TOONE
Staff writer

It was a final good-bye to the Leader’s Training Course for the cadets of C/1-46 and E/1-46 as they graduated on July 3 and July 9, respectively, at Victory Field.

Charlie Company

The 113th Army band played as cadets marched out in front of proud parents of future U.S. Army leaders. Though the graduation ceremony was short, it inspired those in attendance. Maj. Gen. William E. Barron, deputy-commanding general for the USAR in Fort Monroe, Va., spoke at the graduation. He encouraged the 192 cadets to continue their military aspirations after LTC.

“Make up your mind to finish that which you have so successfully begun,” he said.

In one sentence, Barron put into words the power held in being a part of the Army.

“The reason that we have a country today is because we have an Army,” Barron said.

With the realization of her new responsibility, Cadet Deshawn Jemmott, 4/C/1-46, Liberty University, said she was excited to get started on her Army career.

“It was a real accomplishment,” she said. “I was very excited to be done and on my way home.”

Jemmott said that the physical aspect of LTC was a challenge, but it was not as hard as she expected.

She said she enjoyed the award portion of the ceremony and Barron’s encouragement for the

cadets.

Jemmott’s mother, Norma, said graduation made her realize how proud she was of her daughter.

“It was very emotional,” she said. “I was proud of her completing her task. I know it was challenging, but she was happy.”

Jemmott said the ceremony was inspirational, especially Barron’s speech.

“I thought the speaker’s words were very encouraging to the cadets,” she said.

Jemmott said the Army ROTC has helped Deshawn by financially supporting her college education.

Deshawn said her success at LTC was rewarding, but her greatest pride was in her fellow cadets.

“I enjoyed just being out there on the field with my fellow cadets knowing that we made it,” she

See COMPANIES, 2

Outside The Wire

Boston — Students preparing for college in the state of Massachusetts might be purchasing a shot along with their textbooks this fall.

The state is pushing for legislation that will require college students to receive the meningitis vaccine.

The number of meningitis cases has increased by 60 percent over the last decade. The disease debilitates its victims.

Detroit — Authorities in Detroit’s west side taped off a section of Murray Wright High School Monday after a mercury spill was reported inside the building.

Fire officials determined the spill was low, but were concerned about vapors.

No injuries were reported in the incident.

Corpus Christi, Texas — Residents near the Galveston, Texas area reported 15-foot waves and off-shore water spouts Tuesday as Hurricane Claudette drenched the Texas coastline.

A U.S. Air Force reconnaissance aircraft reported winds of near 75 mph, qualifying the storm as a Category one hurricane.

Forecasters predict the storm could strengthen before making landfall.

Gustavus, Alaska — Two survivors were rescued from an island beach off the Alaska coast after their privately owned Cessna 401 crashed near Gustavus.

The Coast Guard is looking for four other passengers who were aboard the plane which was flying from Utah.

Washington — Army officials are planning the return of troops in the 3rd Infantry Division, which has been in the Middle East since September.

The 3rd Brigade of the 3rd Infantry is in the process of returning to Ft. Benning, Georgia.

The 3rd Infantry Division was the first of the U.S. troops to enter Iraq.

Leader’s Training Course 2003 a success

BY GINA VAILE
Assistant Editor

Cadets embarked on Ft. Knox this summer with a mission — to become better leaders.

Sent by their college or university’s ROTC program, the LTC cadets of 2003 were given numerous positive leadership opportunities to develop the skills it takes to become successful students and future U.S. Army leaders.

Though most of the cadets attending LTC had no prior exposure to the military, the course provided the cadets with a solid foundation to build leadership skills.

With the various training exercises, the distinguished visitor-speaker program, the

mentorship program, the help of recently commissioned lieutenants and leadership positions, the cadets were immersed in leadership opportunities from day one.

“We learned various leadership skills at LTC,” said company commander Jason Montano, 3/D/1-46 from the University of Oklahoma. “Whether it was one day leading your squad, platoon or the company or just working as a team, we learned how to utilize different skills to become the best leaders we can be.”

Montano, who graduated July 14, said along with being a leader, he learned from Maj. Gen. Karol Kennedy, a Distinguished Visitor at the D/1-46 graduation, that it is also important to be a follower.

“You have to be a follower to be a good leader,” he recounted from her graduation speech.

Cadet Melodie Maghinay, 1/D/1-46 from the University of California Santa Barbara, said she learned a lot about leadership from the D/1-46 STOs.

“My STO taught me a lot about the basic skills and the Army values,” she said.

Both Maghinay and Montano said they will return to their ROTC programs better leaders after their LTC experience.

“I learned a lot of interpersonal skills and learned how to work with different people in different environments ... and I had a lot of fun doing it,” Montano said.

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Future Leaders ...

By Col. Paul L. Willis
Leader's Training Course Commander



As the **2003 Leader's Training Course** comes to an end, I want to congratulate all of the cadets in Bravo, 1-46 and Charlie, 2-46 on a job well done. You stuck with it, you never gave up and you **"Saw it Through"** to the end to graduation. I, along with all of the staff and cadre, are proud of your accomplishment; and I know that your family and friends are equally as proud. Each and every one of you have approached this course with high levels of enthusiasm and motivation giving you the ability to achieve what many of you may have thought was unachievable... to graduate. But don't let it stop right here. This was only the introduction to your leadership training...you need to build upon what you learned here this summer and prepare for your next step; the National Advanced Leadership Camp.

I also want to commend all of the ROTC staff, Drill Instructors and our summer hires and interns for all of your hard work. Your dedication and devotion to duty made the 2003 Leader's Training Course a "world-class" leadership experience for all of the cadets.

Cadets of Bravo and Charlie companies, as you prepare for your departure from the Leader's Training Course, and return to your campus or home, you need to contact your Recruiting Officer or Professor of Military Science right away. Talk with them about your options and enroll in MS III classes for the fall semester. If you still need to complete your physical, don't wait...this will only delay your ability to contract into the program.

Many of the military skills we have taught are perishable, particularly physical fitness. One of the many attributes we have worked to instill in you is self-discipline and the fitness ethos. You need to establish and maintain a routine of physical fitness. One of the biggest hurdles to contracting into the program is the

Army Physical Fitness Test. Strive for 60 points or more in each event, don't settle for less!

You need to focus all of your attention on what is probably the most important aspect of our program...your academics. No matter how much effort you put forth in ROTC, if you do not maintain the appropriate grades to graduate, we cannot commission you an officer in the United States Army.

Finally, many of you have decided to become an Army officer for a variety of reasons. Whatever the reasons you have chosen to enter into the profession of arms you need to be committed to the fundamentals of **Duty, Honor and Country**.

Duty dictates that you are expected to perform to the best of your ability during all missions, and assignments.

Honor is the foundation for exemplary conduct, both on and off duty. It is what compels us to make those tough, but right decisions in the face of adversity.

Country indicates that we occupy a public position. Our conduct, as professional officers, is at liberty to be scrutinized by the American public at any time.

To be a successful leader in the Army, you must accept the obligations and responsibilities of being a professional officer and living by a higher ethical and moral standard of conduct than normal societal values would dictate. We have instilled in you the 7 core Army Values. They mean nothing unless you live by them day to day.

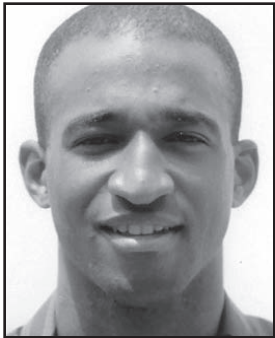
As I travel throughout the Eastern Region, I look forward to seeing some of you out and about on campus and hearing about your experiences here at the Leader's Training Course. Be proud of your accomplishments. I wish all of you the best of luck.

Cadet Talk

The LTC question of the week ...

Leader staff writer Lindsay Sainlar asked cadets:

"What's the first thing you'll do when you get back home?"



"I'll probably **go out** to one of my favorite restaurants (Duff's) and get some **chicken wings** because I've been **dying** for one of those things for a long time."

Tatchy Kragbe
Buffalo State College
3/C/2-46



"The first thing I'll do is **sleep** and go **eat** at my work, RUBY Tuesdays."

Michele Langdon
Marion Military Institute
4/C/2-46



"Watch '**Major Payne**' because our **drill sergeant** talks exactly like him, he is Major Payne."

Andrew Kim
University of Maryland, College Park
4/C/2-46

Photos by Michelle Lohman/Leader

Companies C and E complete training, come out leaders

From page one

said.

Echo Company

"A job well done," that is how Col. Paul Willis, commander for the Eastern Region of Army ROTC, described the work of E/1-46. The cadets had a similar brief and inspirational ceremony.

The speaker for E/1-46 was Brig. Gen. Kathleen Gainey, commander of the Defense Distribution Center in New Cumberland, Pa. She said she was honored to be a part of the 161 cadets' success.

"It's truly an honor for me to share this experience

with you," she said.

Gainey recalled the character she gained from the challenging events she endured in the Army. She said that she was in awe of the activities the cadets were able to complete in 29 days.

"The fact that you went through this course shows you have will and determination," Gainey said.

Gainey said that the cadets learned two important things from their experience at LTC- group living and teamwork.

William Conners, 3/E/1-46 from Harvard University, said that he was proud of the teamwork

of his company.

"I felt proud of the entire company," he said. "It was great to see everybody out there really looking sharp, marching all together."

Conners said that graduating from LTC is essential to the progress of his Army career.

"I think of this as a step toward becoming an officer and my ultimate goal of being an active lieutenant," Conners said.

Brenda Briggs, the mother of Cadet Denise Moore, 3/E/1-46, University of South Florida, said that LTC is a great move in Moore's steps to becoming

successful in the Army.

"I felt my daughter going through the training was a good experience, even though I personally would not have done it," she said.

Briggs said she appreciated the organization of the ceremony. She said she also admired the camaraderie of the officers. She said that her daughter completing the course is a good sign of the success of the cadre.

"The influence that they had on her complemented what we have been trying to teach her all her life," she said.

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Fort Knox, Ky 40121 (502) 624-8149

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Commander
Col. Paul L. Willis

Public Affairs Officer
Maj. David Weis

Deputy Public Affairs Officer
Joe Bartley

Editor
Don Bradley

Assistant Editor
Gina Vaile

Staff Writers

Nicholas Stout Lindsay Sainlar
Cassie Slaughter Stephanie Toone

Photographers

Melanie Blanding Michelle Lohmann
Tyler Pelan Amber Sigman

Saving a life ... Cadets learn First Aid

BY LINDSAY SAINLAR
Staff writer

Cadets of B/1-46 played doctor with their battle buddy on Thursday, July 3 as they sat in the air-conditioned Palma Hall. For three hours they received a brief overview into the world of Basic First Aid by Sgt. 1st Class William Simmons, covering everything from heat strokes to the Heimlich Maneuver.

"It's important for these cadets to learn first aid because these cadets are future leaders and as future leaders they are going to be in charge of soldiers and soldiers need to know that their leaders know their job and know what to do to save their lives," Simmons said.

Joshua Roberts, 4/B/1-46 from State University of New York at Albany, said he learned how to treat a shock victim, how to properly dress wounds on different parts of the body, the elements of heat exhaustion and how to make a splint.

"I learned a lot today," Roberts said. "It's coming at me so fast, I'm just trying to sort it all out."

Second Lieutenant Juan Garcia, squad tactical officer for the fourth platoon, third squad, said the cadets will have more opportunities to get first aid down to a cold science. He said the basic first

aid course is just an introduction to the training cadets will be experiencing again and again as officers.

"Every soldier is primarily combatic," Garcia said. "So they need to learn how to treat wounds to prepare for combat."

Charles Gruver, 2/B/1-46 from Loyola of Baltimore, said it's important to know first aid in case someone gets injured in the middle of nowhere.

"You don't want to have to wait for a medic, you want to prevent your battle buddy from dying," Gruver said.

Cadets also performed mouth-to-mouth resuscitation on plastic bodies that arrived in black body bags. They executed 12 breaths a minute with five to 10 second pulse checks.

"It's called selfless service, never give up, they may come around," Simmons said during the breath restoration exercise.

"I'm actually glad I learned this," Roberts said. "Even outside the Army, if you're just doing something and somebody gets hurt, obviously I'm not going to be a nurse, but I'll know what to do and I can do it confidently and I know I'm doing the right thing."



Above: Cadets Jessica Thompson, 2/B/1-46 from Louisiana State University, and Blake Walker, 2/B/1-46 from University of Rhode Island practice CPR during First Aid training.

Left: Cadets from C/2-46 listen for air out of their dummies during CPR training.

Photos by
Michelle Lohmann/
Leader

Harbaugh coaches cadets on leadership

BY NICHOLAS STOUT
Staff writer

Former Western Kentucky University football coach Jack Harbaugh paid a visit to the cadets of Echo and Bravo Company July 6 as a distinguished visitor. He offered his words of wisdom to cadets as they make their way towards course completion.

Through analogies on football and the parallels a football team has with the military, Harbaugh reached out to the cadets with an emotional and energetic presentation.

As head coach of the Western Kentucky Hilltoppers, the 2002 Division 1-AA National Championship football team, Harbaugh spoke of his achievements and failures as a coach and team.

Through an animated array of stories and memories of his 41 years of coaching, Harbaugh brought the entertainment and success of the game to the cadets along with the characteristics it takes to be a great leader.

"Discipline is the cornerstone of everything we do," he said. "If you want to call yourself officers in the military you have to be disciplined."

Along with discipline, Harbaugh mentioned respect and competition as three of the most important aspects a

leader can possess.

"You play the game for the respect of the player on the other side of the ball," Harbaugh said. "It's not about winning, it's not about money—it's all about respect."

Harbaugh also said respect is important for future leaders. He challenged cadets to give respect to everyone, everyday.

"I have never done anything in my life to bring disrespect to myself, my family or my team," he said. "When people come to your funeral they are not coming to look at a trophy or an autographed football—they are coming for you out of respect."

Though Harbaugh has no military experience or service, he said he has respect for the cadets and their decisions to join their ROTC programs.

"They chose to do the work that they do because they are warriors," he said.

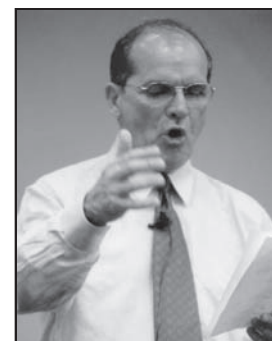
As the course moves on Harbaugh ended with his view of LTC and how it challenges cadets to be the best leaders that they can possibly be in life.

"Competition is what I think this whole training camp is about," he said. "There is always going to be something in your way and you can't let that back you down."



Michelle Lohmann/Leader

Former Western Kentucky University Head Football Coach Jack Harbaugh goes through the defensive and offensive plans for the future leaders attending LTC. Harbaugh used analogies on footballs to parallel the sport to a career in the military. Harbaugh is now the Associate Athletics Director at Marquette University.



Making a splash

C/2-46 cools off during water training

BY GINA VAILE
Assistant editor

Second Lt. Sara Kimsey, STO for the third squad 2/C/2-46, stood in line dripping wet remembering back to a few short years ago when she stood in the same place her cadets were standing July 3.

"It's amazing," she said. "I'm very proud of my cadets, they are doing a great job."

The exercise was water survival — the purpose was to develop water survival skills, build self-confidence and reinforce leadership skills.

"The most important part of (today's training) is to follow instructions," said cadet Malcom McCrae, 2/C/2-46 from Georgia State University.

"I'm a decent swimmer, I just don't like getting water up my nose," he joked before taking the plunge off of the three-meter platform with a dummy M-16.

Cadet Jarret Burman, 2/C/2-46 from New Mexico Military Institute, said he couldn't wait to jump from the platform.

"Instead of being hot and sweaty you're just wet. It's great," he said.

Second Lieutenant Jason Scott, a Water Survival instructor, said water survival is an important tool in teaching cadets that they can do anything, even the unthinkable.

"I believe that in today's Army every lieutenant, every person really needs to understand how to

survive in the water," he told The Leader. "Anything the Army does is about survivability."

After surviving the morning exercises at Gammon Pool, the cadets of platoons one and two found out just how much confidence they had while learning how to successfully cross a stream with one, two and three-rope bridges.

"It was great watching the cadets exemplify their knowledge," said 2nd Lt. John Robertson, an instructor with the Stream Crossing Committee. "They started out not knowing what they were doing, then they worked their way up to doing it on their own."

Robertson said motivation is an important aspect of the training the cadets received at the Stream Crossing site.

"I gave the first cadet finished (tying knots for the Swiss-seat) a high five, followed by high fives for everybody," he said. "There was a lot of yelling and screaming, laughing and having fun just tying ropes."

The cadets of 1 and 2/C/2-46 were highly motivated and loud as they began crossing the bridges before the one rope competition.

"Who's your corn bread? Jiffy Kill" cadets of 2/C/2-46 shouted during their practice trips over the one-rope bridge before competition.

"It means absolutely nothing," said cadet Jeffery Swanson, 2/C/2-46 from New Mexico Military Institute. "It's just a motivating thing."

The Stream Crossing Committee was impressed with the performance of the C/2-46 cadets. According to Sgt. 1st Class Rod Clark, the NCOIC of Stream Crossing the sixth company was one of the most motivated companies to complete the streamline training.

Clark said the secret to quickly and efficiently crossing a stream on a one, two or three-rope bridge is teamwork and understanding the proper knots used in completing the task.

"The demonstration team can finish the one rope bridge in 2:07 and the reason why they are fast is because they practice and rehearse, but also because they understand everything and are a team."

The cadets were given seven minutes to assemble the one rope bridge, cross it and disassemble it. Thanks to simulated artillery shells and smoke, the cadets competed in a battle like situation.

The cadets of 2/C/2-46 won the competition for the day. The platoon later received a streamer for their efforts.

The platoon celebrated by chanting their motto: "All of my days of my life, I wanna be a rough rider."

"These guys have learned so fast in such a little time, it's amazing," said Drill Sgt. Vic Alvarez, 4/C/2-46. This is too much fun. You can't get this anywhere but here in the U.S. Army."



Right: Cadet Sarah Grey, 1/C/2-46 from California State University, rushes to pull herself along the one rope bridge.

Far Right: Cadet Codolious Wilson, 4/C/2-46 from Lincoln University, swims with his M-16 overhead as part of Water Survival training.

Bottom: Cadets from 2/C/2-46 cheer on fellow cadets during the streamline crossing competition. The 2nd platoon won the event.



Amber Sigman/Leader



Michelle Lohmann/Leader



Gina Vitale/Leader

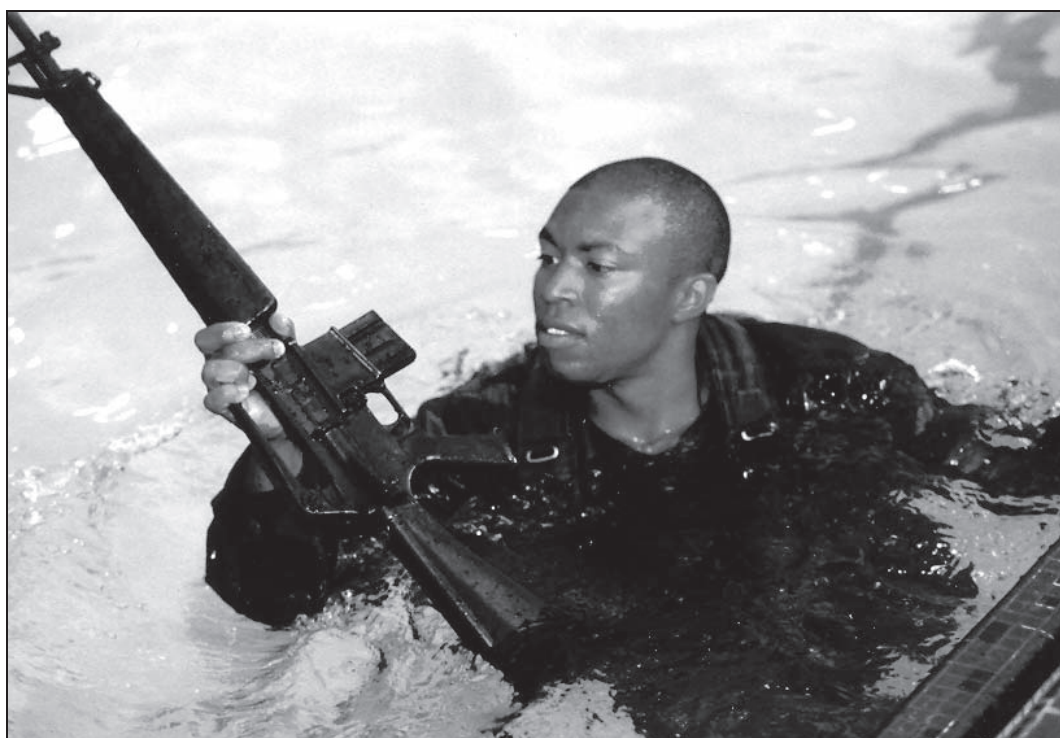
Top: Cadet Patrick Smith, 1/C/2-46 from Alcorn State University, crosses the three rope bridge as fellow cadets William Sizemore, 1/C/2-46 from University of Kentucky and Christopher Salamanca, 1/C/2-46 from New Mexico Military Institute look on.

Below: Cadet Shawn Kotoske, 3/C/2-46 from Notre Dame, gasps for breath after plunging from the high dive with his M-16 overhead.

Bottom: A cadet from C/2-46 takes the blindfolded plunge from the three-meter dive.



Amber Sigman/Leader



Amber Sigman/Leader



Michelle Lohmann/Leader

A day in the water at LTC

Cadet Ngai excels in PT, wants more



Michelle Lohmann/Leader

Cadet Christine Ngai, 2/C/2-46, from Loyola University Chicago, scored a perfect 300 in the Physical Training Test. Ngai hopes to score higher by meeting the male's standards.

BY STEPHANIE TOONE
Staff writer

Twenty-one year old Christine Ngai, 2/C/2-46, Loyola University Chicago, may appear to be a bookish lightweight, but her Diagnostic Physical Training Test reveals the bold leader within. In the first few days of LTC, Ngai, of Darien, Ill., scored a 300, the highest score possible for the test and the highest of anyone in her company.

Even though her family is reluctant to embrace her decision, Ngai said she will take on the Army and anything else with her own determination.

"My ethnicity may be Asian, but I'm American," she said. "It's been an American tradition to serve the country. This is a way for me to serve my country."

Ngai said her driving force is to break barriers in her traditional Asian-American family. She is making waves in her family by choosing the Army as her career. She said that neither her family's standards nor gender standards will keep her from doing her best.

"I plan to excel and exceed further than the males in my family," Ngai said.

Her Army involvement alone is daring, but Ngai said pursuing college and a career is uncommon in her family.

"In my family, four women have gone to college and I have a very big family," she said.

Ngai describes herself as the odd duck of the family. Her social life does not parallel the rest of her family.

"Most of my friends weren't Asian, and I didn't hang around the Asian population that much," she said. "My family still accepts me, I'm just different."

Ngai said it is a challenge to be a trendsetter in her family. Her insatiable hunger for knowledge left

her conflicted about what degree to obtain. She decided on two majors-chemistry and political science. In four years, Ngai received the two degrees and is planning on getting her master's in both fields also.

Ngai said she takes on so much because she likes to experience as much as she can.

"The downfall of wanting more of everything is that you can't really specify on one thing," she said. "In one way I lose."

Ngai's broad interest leaves her at a crossroads in her career. Whichever path she chooses, she said the Army will be a part of it. She aspires to work in the Chemical Corps or Military Intelligence.

Ngai said LTC has helped her adapt to what serving in the Army will entail.

"I'm very uncomfortable around big groups of people," she said. "I'm use to my very few friends. It has not been easy not having my own time and space."

The social changes have been hard for Ngai. On the other hand, the physical aspect has proved to be her strength. She said she had to work towards her objective to get the highest score on the PT Test.

"It took all year long working out, running, push-ups, sit-ups," she said. "It's constant routine. Days I didn't want to go, I had to say you have to go."

Ngai is pleased with her success at LTC, but she still shoots to improve her score. She said that she wants to excel at the men's PT Test score also.

"I think women shouldn't look at themselves as less," Ngai said. "Just because we're not built like men, doesn't mean we should lower our standards."

Ngai is no stranger to hard work or an obstacle. She said she keeps her mind focused on her mission by remembering one thing:

"I know who I am. People shouldn't lose sight of themselves or let other people overpower them."

Service and education important to Kerton

BY LINDSAY SAINLAR
Staff writer

During high school, 2nd Lt. Joshua Kerton realized that while he still wanted to go to school, he wanted something other than the normal college experience—and the desire to serve his country was burning deep down inside of him.

After talking with guidance counselors and others about their experience with military schools, he checked out his high school football coach's alma mater, the Citadel, located in Charleston, S.C.

"I heard a lot of negative things from other military schools about the officers' arrogance, but the moment I stepped in and saw how the corps of cadets was run, I loved it," Kerton said.

He said the lifestyle at the Citadel is strict but allows for more leadership opportunities than any typical college would. He said he feels like he is more disciplined because of his college experience in areas such as time management skills.

According to Kerton, the average day for a cadet at the Citadel starts at 5 a.m. with Physical Training, with breakfast at 7 a.m. followed by classes until lunch. Then there are more classes, or the cadets play intramural sports and finish what needs to be completed before supper time at 6 p.m. Mandatory study period starts at 7:50 until 10 p.m. when it's lights out.

Freshmen have a midnight curfew on Friday and Saturday night and the upperclassmen's curfew is 1 a.m. All cadets have to be back by 7:50 p.m. on Sunday for a mandatory study period.

Kerton said he was quiet in high school, but always participated in various activities around school. He was captain of the football and lacrosse team and senior class president.

"I was involved in a lot of things, which I think helped me when I went to the Citadel. I had already been in a number of things where I was in charge," Kerton said. "I built from high school. I used all the things I learned in high school at the Citadel and now I'm using all the things I learned at the Citadel in the Army."

Kerton said ever since he can remember he has wanted to serve his country, and the Leader's Training Course has been his first encounter serving as an officer. As the squad tactical officer for second platoon, first squad of Bravo 1-46, his alarm goes off at 4:30 each morning and he comes home at 9 p.m. He said the working hours have been strenuous.

"But the cadets are working hard and its been great to watch them progress



Michelle Lohmann/Leader

Second Lt. Josh Kerton said attending the Citadel helped him to become the best lieutenant he can. Kerton is a STO for the first squad 2/B/1-46.

from the time they got here until right now," Kerton said. "They've improved a lot on everything. It's rewarding to see that because you know you've had a part in that."

He said LTC has been a great starting point for his career by training with the cadets and gaining the experience of leading them through various courses. He said LTC has been just as much of a learning experience for him as it has been for the cadets of B/1-46.

He's not taking full charge quite yet though. Kerton said he's been spending a good portion of his time listening to the officers and noncommissioned officers he's working with to learn from them and watch how they work.

"They have more years of experience than I do and their experience is valuable to me and all the other lieutenants here."

Working with the NCO's has been especially crucial to Kerton's experience.

"They are probably the most important people out here. They know everything that I hope to know one day," he said. "They've worked with officers before—they know what makes a good officer, they know what makes a bad officer, so their experience and training is invaluable."

Kerton goes to Officer Basic Course on Aug. 8 at Fort Eustis in Virginia. His branch is Transportation.

"I've always wanted to serve my country and I'm going to be the best lieutenant I can in the Army."

Goins motivated to become a leader

BY LINDSAY SAINLAR
Staff writer

Cadet Lando Goins, 2/B/1-46, from Georgia Military College knows what it's like to have someone put too much mayonnaise on a Subway sandwich—he's heard the complaints. After working at Subway for one year, he said he discovered his love for Cold Cut Trio's and saved up enough money to buy himself a white 1993 Pontiac Grand Prix.

Goins graduated from A.C. Flora High School in Columbia, S.C. During high school, Goins said he was the type of person everyone knew and the student the school officials sought out to complete the tasks they wanted done right.

"I tried to get to know everyone despite what grade they were in," Goins said, who participated in the JROTC program and played forward position on his high school basketball team.

On the court, Goins said he is a go getter.

"If no one else wants to step up to the plate, I try and step it up. I try to help everyone play better by putting my full effort into the game. I like to motivate others to play to their potential," he said. "In order for me to get full respect, I have to play to my full potential too."

The 18-year-old said he is stubborn and is deep-rooted in his love for action. The need for action has steered him over 500 miles from home to participate in the Leader's Training Course. Goins participated in a five-day mini camp at GMC, the college he will be attending next fall, as a preparation for LTC.

He said LTC is pushing him to learn and do things he's never done before, such as camping outdoors during Bold Leader.

"I'd say the biggest experience I got from it (LTC) is meeting all the new people from all around the nation," Goins said, who hopes to stay in contact with his new friends after graduation on July 19.

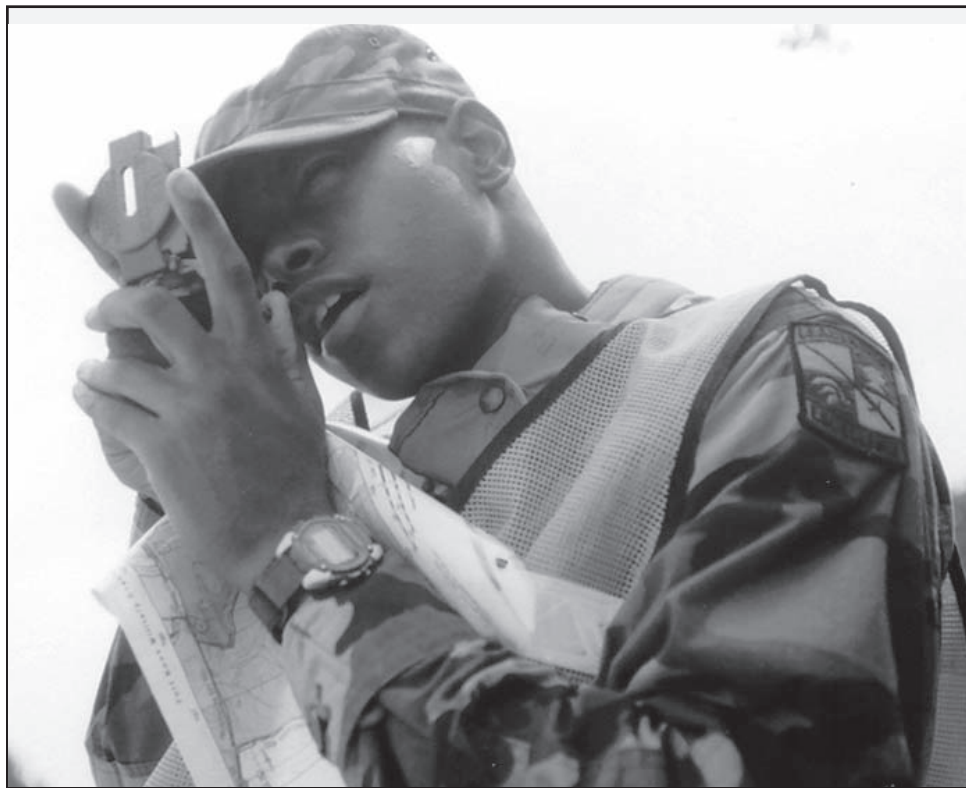
Despite all the people he's met and the busy training schedule, Goins has found time to miss his family and his old familiar surroundings. He also misses the freedom of driving his Grand Prix around at his own leisure.

Goins said his mother was apprehensive about his decision to join the Army, but after discussing it with her, he said she is now completely supportive.

"She's basically every type of person I want to be when I get older. Despite the good times and the bad times we had, she taught me to always stay focused on whatever I want to do and work 110% towards getting it," Goins said.

He said the one song that changed his life was "A Song for Mama" by Boyz II Men.

"They're talking about their mother and I respect my mother so much and sometimes they



Michelle Lohmann/Leader

Cadet Lando Goins, 2/B/1-46 from Georgia Military Institute, said he is ready to step up to the plate to become a leader in the U.S. Army.

sing everything I think about," he said about the quartet from Philadelphia.

Ever since watching his uncle, a lawyer, stand in the courtroom and address a jury, Goins said he has wanted to be both a soldier and a lawyer. He is now killing two birds with one stone as he pursues his dream of becoming a Judge Advocate General Officer. As an avid watcher of the TV series "JAG," Goins said the show has only fueled his motivation to major in criminal defense at GMC.

If he were granted one super power, Goins said he would wish for the ability to stop time.

"I've made a lot of mistakes I wish I could have corrected and I've seen people make mistakes I wish they could have corrected," he said about changing the things he could have done better or doing the things he neglected to do before.

Although Goins said he is having fun with LTC and has realized how dedicated he is to the Army, he already has plans for his arrival at home.

"The first thing I'm going to do when I get home is drink me a nice soda," he said with a smile. "I love water, but I've had enough water to last me for a long time."

Life-long dream of flying takes off for 2nd Lt. Burke



Michelle Lohmann/Leader

Second Lt. Megan Burke smiles at the cadets in her C/2-46 squad. Burke goes to Officer Basic Course at Ft. Rucker this September for Aviation.

BY NICHOLAS STOUT
Staff writer

Some people may not enjoy their line of work. In fact, it's almost certain that somebody somewhere complains about their job. But for 2nd Lt. Megan Burke, STO of C/2-46, her branched career is the love of her life.

Burke, who was commissioned this past spring, received her top choice branch of Aviation.

"I am so excited to be one of the few women that will go through this course," Burke said. "I just look forward to getting the knowledge of flying and the actual act of it—it's amazing to me."

A graduate of Texas A&M Corpus Christi, Burke fell in love with flying at an early age with the help of her cousin Brian, an Army captain and aviator who is currently in Baghdad.

"When my cousin took me up in a little four-passenger plane I knew this was what I wanted to do," she said. "It was awesome. He let me fly the plane and taught me how to bank — it was unbelievable."

That one experience up in the air with her cousin was more than enough to fuel the excitement Burke has for the sky and her dream of flying a Black Hawk helicopter.

"I love flying," she said. "The whole concept of it is so exciting."

Burke's determination to fly wasn't going to stop if she hadn't received her top choice of branch. With medical service as her second choice of branch, Burke would have strived to receive flight school from there that would allow her to fly in a medical evacuation unit.

"When it comes down to it—my overall goal was to get into medevac somewhere," she said. "I was going to fly one way or another."

Burke's interest in the military began with the Coast Guard and the idea of flying with a medical evacuation unit. Her plans originally involved joining after college. But her plans changed a few years into school when she spent a summer here on Fort Knox at Camp Challenge, which is presently LTC.

"My parents were real keen on me going to school—no matter what happened I was going to do four years of college," she said. "I was waiting to get out of school to join the Coast Guard—then the opportunity to go to Camp Challenge came up and I went with it."

Burke's move eventually changed the course of her military career as she went on to complete her last two years of school in the Army ROTC program.

"I loved every minute of it," she said. "I knew in the end I wanted to be an officer in the military and this ended up being a good route for my career."

Along with aviation and the thrill of knowing that soon she will be flying for the Army, there is one more part of Burke's life that she lets take control of here spare time — horses. For the past five years, Burke has worked in a horse stable just off campus raising and training horses.

"Horses have always been a huge part of my life," she said. "I have been riding horses since I was seven and training them since high school."

Burke looks forward to one day getting back into the stable and working with the animals she grew up with. For now, her plans are to attend Officer's Basic Course at Fort Rucker, Alabama. Burke starts her next leg of training in September.

"I'm looking forward to it," she said. "Every day is going to be unreal to me — Drive on!"

PT: Not the average morning workout

Fitness key to soldiers

BY NICHOLAS STOUT
Staff writer

Chances are, before LTC the cadets of B/1-46 and C/2-46 didn't even know that 5 a.m. existed. As the wake up call blares through the barracks, the cadets jump into their physical training gear and by 5:30 they are out in formation and ready for physical training.

As one of the most consistent training activities in the Leader Training Course, the cadets of LTC have learned the value of PT and the work that is put into being a soldier.

Physical fitness has always been an important aspect to LTC and the Army. Today's cadets will be expected to perform tasks in the field that are very demanding of physical capability.

"In the Army, 75% of everything we do is physical," said Sgt. 1st Class Jimmy Woodall, a drill sergeant for C/2-46. "Soldiers need to be fit for the field."

According to 1st Sgt. Alfredo Pacheco, from B/1-46, for a soldier who is not physically fit, it will be a rude awakening out in the field.

"The PT a soldier does everyday prepares them for what is to come in combat," he said. "How can you run with a rifle for 800m if you can't run 300m without a rifle?"

PT is not just about being fit. Master Sgt. Billy Daniels, the NCOIC of training for C/2-46, said in the battlefield physical fitness is a tool that keeps a soldier alive.

"If a soldier is out in the field and he is not in good physical shape—he's not going to last very long," he said. "PT is an essential aspect of military training."

Throughout the duration of LTC, cadets will put their physical capabilities to the test while participating in two Army physical fitness tests. According to Daniels, a diagnostic test is taken at the beginning of camp to find out where the cadets rank in PT. After a few weeks of training the cadets will take a record PT test to log their personal

progression at LTC. The test challenges cadets in three areas: push-ups, sit-ups and the two-mile run.

"Out at LTC, a big requirement to pass the course is PT," Daniels said. "We make sure that we are getting these cadets as much training and PT as we can to get them ready for their final physical fitness test."

One large focus in PT for cadets is simply getting prepared to deal with the rigorous training they will be engaging in over the weeks. At LTC, cadets use their strength and endurance on a daily basis to complete exercises and tasks. PT aids in the successful completion of those tasks.

"Out here everything that we do as cadets is physically demanding," said Cadet Zachary Hitchcock, 3/B/1-46, from Ohio University. "It makes a lot of sense to be out here every morning preparing for that."

According to Daniels it is imperative that cadets take PT seriously when looking at their future as officers in the Army. When ROTC cadets get commissioned, they will be platoon leaders in charge of anywhere from 15 to 40 soldiers who have been training and are in shape.

"PT prepares you to be a good officer and lead your troops," said Cadet. Judy Jing, 2/C/2-46, from Santa Clare University. "You need to be ready to set the example for the troops you lead."

As platoon leaders, officers need to be in as good of shape as the soldiers they lead in the field. PT not only becomes an issue of physical fitness—PT becomes an issue of respect.

"The first thing soldiers are going to do when a new lieutenant comes into the unit is test that officer's physical capabilities," Daniels said. "It is going to be tough for lieutenants to earn the respect of their soldiers after falling behind in PT."

"This is an initial soldierization process for these cadets," Woodall said. "As these cadets move on to commissioning and get in a unit that training will continue on."



Michelle Lohmann/Leader

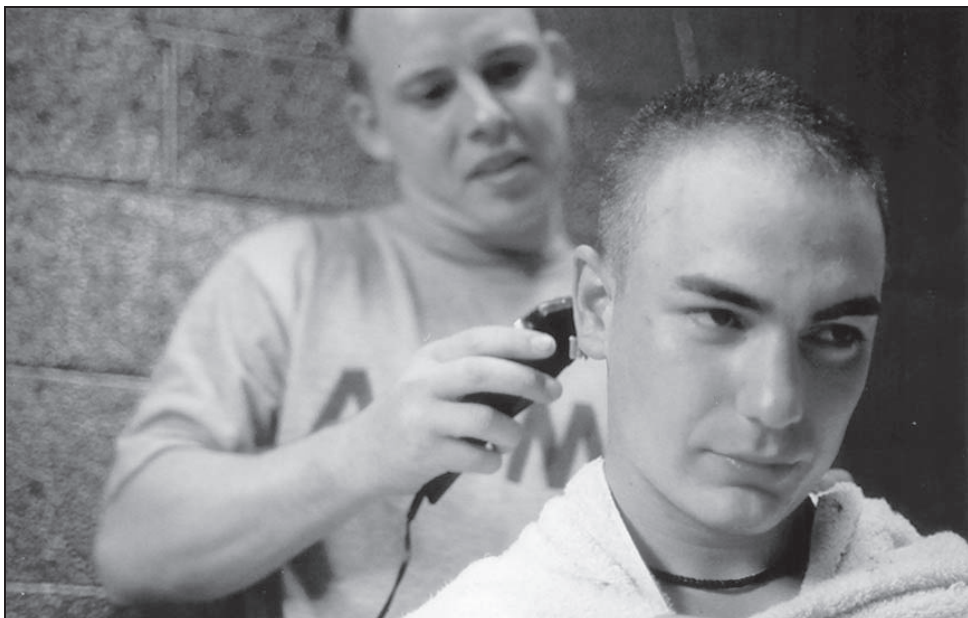


Amber Sigman/Leader

Top: Cadet Kenneth Rice, 4/B/1-46 from Marion Military Institute, pushes himself to finish push-ups during the APFT.

Above: Cadets Danielle Payton, 4/C/2-46 from Florida International University, and Shelby Riggs 4/C/2-46 from Western Illinois University run during the two mile stretch for APFT.

Day off includes errands, relaxation and fun for C/2-46



Michelle Lohmann/Leader

Cadet Joshua Howes, 4/B/1-46 from Virginia Tech spends his free time getting a haircut from Cadet Raymond Kangas, 4/B/1-46.

BY STEPHANIE TOONE
Staff writer

With exhausting activities like road marches, Army Physical Training Tests and Drill and Ceremony, cadets from C/2-46 have little time to do much more than clean their barracks and call it a night at the end of a training day. When they were granted a day of personal time, cadets found many ways to relax, release and relate.

Cadet Sherwet Witherington, 1/C/2-46 from Arkansas Tech University, said she felt a great release from training during personal time.

"It was nice to have some time for me," Witherington said. "The last five days we've been putting in 17-hour days. It's been insane."

Witherington said giving her body a break was a must. The best part of the day was getting to know her fellow cadets.

Matthew Woods, 2/C/2-46 from Marion Military Institute, said he gained a feeling of camaraderie with other cadets.

"It was great to hang out," he said. "I see the platoon leaders all the time, but I can't really talk to them and just hang out."

Woods did not waste one minute of his personal time. He enjoyed breakfast and lunch

at Burger King, then a trip to the PX and eight games of bowling at the Houston Bowling Alley.

Woods said that the purpose of free time goes beyond having time to shop and hang out. He got some advice on free time from a distinguished speaker, Col. Francis Wiercinski.

"He said something about sharpening the saw," Woods said. "You can do the same work over and over, but if you have a dull saw you should take time off to relax and re-sharpen it."

Cadet Hillery Anderson, 3/C/2-46, Syracuse University, said she took advantage of the relaxing element of the day.

Though Anderson enjoyed her break, her mind was not completely off of training. She went to the PX to buy baby wipes and insect repellent for Bold Leader. She also spent time getting closer to her LTC friends.

Anderson said she did not get to go to the movies or bowling like other cadets, but she valued the most rewarding part of her personal time.

"When you get a day off, you start thinking about things, and you get to reflect more," she said. "You go back to training and you're fresh and ready to go on to the next mission."